

DEWSBURY: YOUR HEALTH IN MIND

This project is supported by the Dewsbury Councillors' Ward budgets

JUNE 2022 SCHEDULE

Here's what's coming up in our face-to-face, Zoom and Facebook sessions this June

YOU MUST BOOK BEFORE ATTENDING ANY OF OUR SESSIONS

To book a Dewsbury YHiM session, call 07895 510433 or email: contact@s2r.org.uk



FACE-TO-FACE SESSIONS

Face coverings in our sessions are not mandatory, but you are welcome to wear one if you'd prefer, and please also be mindful of others' personal space. Hand sanitisation stations will still be available for your use. Please do not attend any sessions if you feel unwell or have any symptoms of flu or COVID-19.

NAME	DATE AND TIME	DETAILS
REGULAR SESSIONS		
Café Connections* Cloggs Coffee Shop, 6 Tithe Barn Street, Dewsbury WF13 1NL	Every Tuesday 14:00 - 15:00 Facilitated by: Sue or Jess	Has the pandemic left you feeling like there's nowhere to go and nothing to do? Then come along to our Café Connections to meet some new people and boost your emotional wellbeing. Plus you'll get a drink of your choice too! *Part of the Dewsbury Your Health in Mind project, supported by the Dewsbury Councillors' Ward budgets.
Cloggers* Cloggs Coffee Shop, 6 Tithe Barn Street, Dewsbury WF13 1NL	Every Tuesday 15:00 - 16:00 Facilitated by: Amina	Come to our friendly Café Connections sessions and then join our brand-new Cloggers walking group for a gentle stroll around the Dewsbury area afterwards. *Part of the Dewsbury Your Health in Mind project, supported by the Dewsbury Councillors' Ward budgets.
Waheeda's Wellbeing* Crow Nest Park, Heckmondwike Road, Dewsbury WF13 2SG	Every Thursday (starting on 9 th June) 12:00 - 14:00 Facilitated by: Waheeda	Join Waheeda for some mindful outdoor taster sessions like sketch journaling, zen doodling, simple book binding and jewellery making in the walled garden at Crow Nest Park *Part of the Dewsbury Your Health in Mind project, supported by the Dewsbury Councillors' Ward budgets.
Friday Wanderers* Crow Nest Park, Heckmondwike Road, Dewsbury WF13 2SG	Every Friday 09:30 - 10:30 Facilitated by: Waheeda	Join this friendly, women-only group for a gentle stroll around Crow Nest Park. We will meet at the front of the manor house. Feel free to bring a drink with you too. *Part of the Dewsbury Your Health in Mind project, supported by the Dewsbury Councillors' Ward budgets.

Support to Recovery
PROMOTING POSITIVE MENTAL HEALTH



 **Kirklees**
COUNCIL

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FACE-TO-FACE SESSIONS

Age restrictions apply: some sessions are family-friendly, others are for 18+ years, so please check when you book to make sure the session is suitable.

NAME	DATE AND TIME	DETAILS
JUNE SESSIONS		
Carers Week Celebration Event* Crow Nest Park Heckmondwike Road, Dewsbury WF13 2SG	Tuesday 7 th June 10:00 - 15:00	Join S2R and Carers Count in the adventure playground at Crow Nest Park for a wellbeing walk, craft activities, Tai Chi, massage therapy, a nail bar, and some music-making sessions. Bring your own packed lunch and picnic blanket and enjoy some of the fun activities. Everyone welcome. *Part of the Dewsbury Your Health in Mind project, supported by the Dewsbury Councillors' Ward budgets.
Dewsbury Work Day* Cloggs Coffee Shop, 6 Tithe Barn Street, Dewsbury WF13 1NL	Tuesday 14 th June 10:00 - 13:00 Facilitated by: Andy	We will meet at Cloggs Coffee Shop in Dewsbury at 10am before setting off on public transport to a community location in Dewsbury to carry out some practical conservation tasks. *Part of the Dewsbury Your Health in Mind project, supported by the Dewsbury Councillors' Ward budgets.
Creative Upcycling* Boothroyd Primary Academy, Temple Road, Dewsbury WF13 3QE	Tuesday 14 th June 12:30 - 14:30 Facilitated by: Kim	Come to this Creative Upcycling session and learn how to do a variety of mindful crafts with an upcycling theme. We'll be covering rag rugging, book binding, upcycled fabric baskets and more! *Part of the Dewsbury Your Health in Mind project, supported by the Dewsbury Councillors' Ward budgets.

These sessions are open to Dewsbury residents aged 16+ only.

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DEWSBURY: YOUR HEALTH IN MIND!



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This project is here to reinvigorate you and your community by helping you to access and enjoy the amazing, green open spaces in your area. We can introduce you to a range of activities you can take part in that will boost your physical, emotional and social wellbeing.

ARE YOU FEELING...

- ◆ Disconnected or isolated from others and your community?
- ◆ You have lost the confidence to get out and enjoy your local area?
- ◆ That you would like to rediscover your "get up and go"?



If you live in Dewsbury and would like to find out how you can get involved, please get in touch by email: contact@s2r.org.uk or call/text **07895 510433**

You can also visit our website: www.s2r.org.uk/dewsbury-your-health-in-mind and join our [@WildDewsberrries](#) Facebook group

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